

# High Blood Pressure

## BLOOD PRESSURE SCREENING

### *In Brief: Blood Pressure Screening*

- More than 94% of North Carolina adults had their blood pressure checked by a health care professional within the past two years.
- In 1999 (the last year for which data were available for all states), North Carolina has the 4<sup>th</sup> best rate of blood pressure screening among the 50 states.
- Significant racial and ethnic disparities in blood pressure screening exist in N.C.

### *Statewide*

- In 2005, more than 94% of North Carolina adults reported having had their blood pressure checked at least once within the past two years, similar to the 95% among U.S. adults in 1999 (the last year for which U.S. data are available) (Figure 6.1 and Table 6.1).
- In 1999 (the last year for which data were available for all states), North Carolina had the 4<sup>th</sup> best rate of blood pressure screening among the 50 states.<sup>18</sup>

### *Trends over Time*

- Blood pressure screening rates declined from 96.8% in 1991 to a low of 93.9% in 1997, rose back to 96.7% in 2001, and have since declined to 94.9% in 2005 (Figure 6.1 and Table 6.1). This decline is likely to be due in part to the inclusion of Spanish speakers in the survey beginning in 2005. As a group, Spanish speakers have lower hypertension screening rates, and their inclusion has resulted in a more accurate estimate of the hypertension screening rate among the entire adult North Carolina population.

### *Age*

- Blood pressure screening rates in North Carolina are lowest among the 18-24, 25-34, and 35-44 year age groups (91.1%, 93.7% and 93.1%, respectively) and highest among the 65-74 and 75+ year age groups (98.2% and 98.5%, respectively) (Figure 6.2 and Table 6.2).

### *Men and Women*

- Blood pressure screening rates in North Carolina have been lower among men than women. Screening rates among men declined from 96.0% in 1991 to 90.2% in 1997,